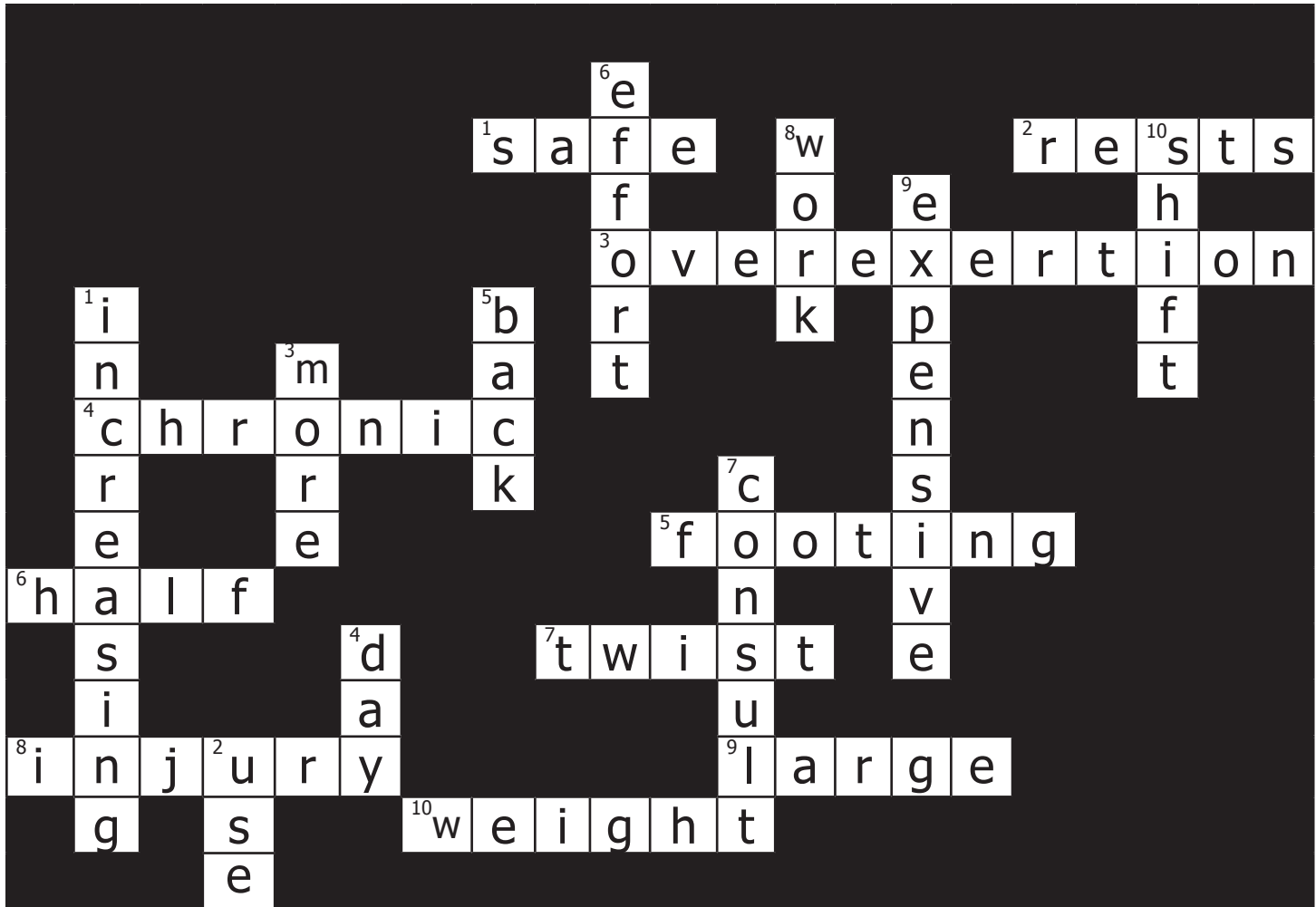


# Preventing Overexertion



NATIONAL  
**SAFETY**  
MONTH 2020

## Crossword Puzzle



### Across

- To protect your back, use \_\_\_ lifting techniques such as lifting with your legs and not your back.
- Take short \_\_\_\_\_ in between strenuous activities – it is important for recovery.
- \_\_\_\_\_ is the top cause of nonfatal disabling work injuries.
- Overexertion is a serious problem and can lead to \_\_\_\_\_ back pain.
- Keep the load being lifted close to the body and make sure your \_\_\_\_\_ is solid.
- Overexertion injuries can result from a variety of different activities. However, more than \_\_\_\_\_ result when lifting objects.
- Never bend or \_\_\_\_\_ the back when lifting.
- Overexertion is a non-impact \_\_\_\_\_ resulting from excessive physical effort in activities such as lifting, lowering, pulling, pushing, turning, holding and carrying.
- Some of the common failures are lifting a load that is too heavy, too \_\_\_\_\_ or contains a load that shifts.
- Limit the amount of \_\_\_\_\_ you carry and get help to carry heavy, bulky or large loads.

### Down

- Overexertion injuries occurring at home or in the community are \_\_\_\_\_.
- Receive proper training to safely \_\_\_\_\_ tools and equipment.
- Males are \_\_\_\_\_ likely than females to experience an injury from overexertion.
- Begin each \_\_\_\_\_ with light warm-up exercises and stretching.
- The most common overexertion injuries are strains and sprains, especially of the lower \_\_\_\_\_.
- Keep tools and equipment in good working condition so they require less \_\_\_\_\_ to use.
- \_\_\_\_\_ a medical professional if you experience joint pain or discomfort that does not go away.
- At \_\_\_\_\_, report any discomfort or injury experienced.
- Overexertion can be an \_\_\_\_\_ problem. The costs to treat sprains and strains are rising and exceed the average of all cases.
- These types of injuries are more likely to occur earlier, and not later, in a work \_\_\_\_\_.